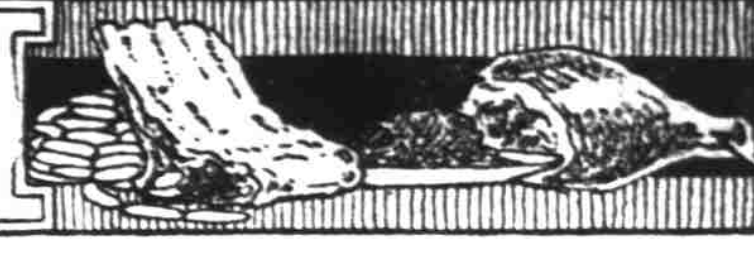




SATURDAY FOOD SPECIALS



Before War Prices

Centrally located, with deliveries all over the city, our store offers you the best service and quality of groceries, meat, fish and food commodities.

SOME OF OUR SPECIALS:

Neumann's Strawberry Jam	25c
Neumann's Honey	25c
M. J. B. Coffee	40c
Hills Bros. Red Can Coffee	40c
Crisco, three sizes	40c, 80c, \$1.60
IXL Boneless Chicken Tamale	2 for 25c
Getz Best Sockeye Salmon, a dozen for	\$2.20
Sunkist Corn, per can	15c
Cluff's Tiny Sugar Peas, per can	20c
Beechnut Bacon	35c
Beechnut Beef	40c
Beechnut Peanut Butter, large	25c
Lipton Tea, all flavors	1/2-lb. tin 40c, 1-lb. tin 75c

THE MOST COMPLETE STORE

We have the only store in the city which offers the convenience of a complete group of food departments. Visit our Grocery Department, Meat Market, Fish Market, Fruit and Vegetable Departments.

C.Q. Yee Hop & Co.

TELEPHONE 3451

Food Specials to Help Saturday Buyers

NORWEGIAN RECIPES

Mrs. C. B. Hofgaard of Kauai sends to the Star-Bulletin these very useful Norwegian recipes as her contribution to the work of women in Hawaii in cooperation with the food commission. Clip them out for permanent keeping.

BEATEN MEAT

Cut even pieces of meat, about 2 1/2 inches square and 1/2 inch thick, pound each piece well. In a soup plate mix 4 tablespoons flour, 1 teaspoon pepper, 2 teaspoons salt, 1 teaspoon oil, 1/4 teaspoon cloves. Dip your pounded pieces of meat in this.

Fry one slice onion in crisco, put into a black iron pot. Then fry your pounded pieces of meat brown in your frying pan, add them when done to your onion, add one bay-leaf and hot water enough for gravy, cook slowly till tender on the back of your stove, add more water if necessary. If the gravy does not look thick enough when meat is cooked, mix a little flour and water, strain this, and thicken the gravy, add salt, (the meat has first been taken out and put in a closed dish, before gravy is thickened).

Serve the beaten meat hot with the gravy poured over it and garnish the dish with boiled carrots, cut in long narrow strips.

ROUND STEAK A LA VEAL

Take a piece of round steak, at least 2 inches thick, brown it well in crisco on all sides, put it in a black iron pot. Brown a good size onion, add this to your meat, also salt and a few whole corns of pepper, add 2 cups hot water, let it come to a quick boil, then set it on the side of stove, and let it just simmer, if you have an oil stove it is

good to use it for this dish, as it needs a slow fire. When the meat is tender, take your meat out, thicken gravy with flour mixed with sour cream, salt to taste, and add 1 teaspoon Richen bouquet. Serve the meat, with gravy poured on top.

BONELESS BIRDS

Mix in a saucer 1 teaspoon ginger, 1/2 teaspoon pepper, 2 teaspoons salt. If not all of this is used at once, put it in a corked bottle and keep for next time.

Cut pieces of round steak about 3 inches square, 1/2 inch thick. Pound each piece.

Coat each piece with sliced suet, add spices, roll and fasten together with toothpicks—then roll in flour and fry in a little hot crisco, put all in a black iron saucepan, add hot water, let it come to a boil then draw aside on stove and let it simmer, till tender. Taste gravy, add more salt, if needed, also, if not enough—more hot water, thicken, if necessary, add a teaspoonful kitchen bouquet. Instead of using the thin sliced suet, one can use the fatty part of the ham which otherwise is thrown away. Serve the birds on a platter with the gravy poured over them.

NORWEGIAN MEAT-BALLS

To make this recipe, you have to have a good sized black ironpot, a wooden pounder and a meat grinder, also a sharp knife not to be forgotten. Don't try to make it, if you are afraid to work, but out of this meat substance, five different distinct dishes can be made each tasting and looking differently.

To 5 pounds of round steak you need 1 pound suet. Take off skin of suet and cut fine. Cut away all hard pieces of round steak, put this in a small pot, add a little onion, a few whole peppers and salt, let it boil slowly with the coat partly on. This, strained, can be added to your gravy or use it for your soups.

Cut your round steak in small square pieces, grind it once, then mix it with the cut suet and grind it four more times, adding salt, ginger and mace. When your meat grinder gets stuck, clean out the sineros (this you can add to your soup.) While grinding scrape the suet, that will cling to the side of your grinder, down into the meat.

Take this, when finished and put it into your black ironpot, now pound and add little by little either fresh milk or unsweetened tinmilk mixed with water, and add so little at the time, that you can pound it well, always scraping down the suet from the sides and bottom.

To this quantity add 1 big tablespoon full of cornstarch and mix well in, pounding it all the time well together. To see if you have the substance loose, enough make one ball, boil this slowly in a little hot water, to which salt has been added. After 15 minutes' cooking, take up and taste, and if you find it too hard or not enough spices add more of same, also milk.

To make the balls round and smooth, dip your hands in cold water, take a spoonful of the meat substance and with your hands make a round, smooth ball.

Boil as many balls at the time as can cook peacefully together in a pot filled half full of hot water to which salt is added.

As each bubble is ready, take them out carefully, put in covered dish to keep warm, until all are ready.

Strain soup, in which all have been boiled, thicken soup with flour and tincream or sour cream, let it come to a boil, add 1 teaspoonful kitchen bouquet, 1 tablespoon whiskey (not necessary), add your meat balls, let all boil 5 minutes and serve. If you want to be real extravagant, add a tin of drained mushrooms.

FRIED MEAT CAKES

Spices, pepper, salt and ginger for this. Make your meat substance the same way as Norwegian meat balls. Flatten your balls, fry in hot crisco (just a little crisco in the frying pan.) When brown add hot water, put on a cover, let the meat cakes simmer slowly. After fifteen minutes take them up in a covered dish. Thicken gravy with flour mixed with water, add a little kitchen bouquet, also, if you like it, a little Worcestershire sauce. Let gravy and meat cakes come to a boil and serve hot.

FILLED CABBAGE HEAD

Take a medium sized head of

cabbage, clean off old leaves, cut a cover out of the top about three inches in diameter, with a sharp knife and lift it carefully off. Then hollow out the cabbage, leaving a thickness of one-half inch, then fill in the same kind of meat substance as for Norwegian meat balls, only to it add a little more milk, then put on your cover, tie on with narrow strips of muslin. In a large pot put a hard tin cover at the bottom to prevent burning. Add your filled head of cabbage, hot water, up to half the side of the cabbage. Cover and let it come to a quick boil, then draw it aside to simmer slowly.

A small head of cabbage like this takes about one and one-half hours. The soup is thickened with flour mixed with water. If you have any good, strong meat stock add it to get a better taste.

Remove the strips of muslin, and serve the cabbage head with gravy poured over it.

ECONOMICAL RECIPES

A pamphlet under the above heading has been printed for the benefit of the English Red Cross Society, a large number of copies have already been mailed to London, and the balance of the issue is to be held for sale here. I can say from personal experience that the above heading properly describes the contents of the pamphlet, and I hope all my friends and acquaintances will assist in this good work. Any balance over and above actual cost of material and printing will be forwarded to England also for the benefit of the same good cause. Copies can be had at the Hawaiian News Co.

FLORA TURNER.

To remove troublesome spots from a garment try the yolk of an egg before washing. This is effective and not at all injurious to perishable colors.

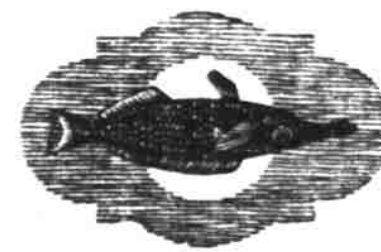
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PHONE 2819

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FISH

FISH

NOTICE TO THE PUBLIC

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Fish Still Sold at Normal Prices

Everything that is used in fishing has increased in cost from 15 to 50% and we are paying exorbitant prices for our ice, bait, distillate, ship supplies, ship maintenance without increasing the cost of our commodity accordingly.

FISH IS A CHEAP FOOD.

We want the public to realize our position in the selling of fish which is the most nourishing food which can be used on the home table.

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FISH

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You Know Our Coffee Is Pure

Every pound of coffee we sell is ground to order. In our store you see the coffee grinder working and you know that it is pure. Save by ordering four pounds.

Pure Kona Coffee Four pounds, \$1.00.
One Pound, 30c.

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Little Dainty Cubes—Individually Wrapped

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A Few Facts about Butter that You Should Know

Butter is the most delicate food served on the table and very sensitive to odors, and may be easily spoiled by surrounding conditions.

Nothing but the finest pasteurized Butter is packed in "BLANCHARD" Dainty Cubes. Wrapped separately so they can be taken out of the carton and used without exposing the balance of the butter to the air. The four cubes are wrapped in a wax paper to hold the moisture and protect against odors, such as Fruits, Onions, Fish, etc., which the Butter might be placed near in your refrigerator. Packed in a paraffined carton to give it additional protection and insure its arrival to you in good condition.

IF YOUR GROCER DOES NOT SUPPLY YOU, PLEASE LET US KNOW.

GONSALVES & CO., Ltd.

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Agents for Hawaii

Phones 2268-2436

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Poi contains more nourishment than any other food on the market. It can be prepared in dozens of tasty ways for the table. Once acquired the habit of eating poi is hard to break away from.

DAVID ALO

OAHU FISH MARKET

POI

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